

The Emotional Cycle of Deployment Worksheet: During Deployment

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at:
www.yellowribbon.mil/yrrp/handouts.html

<i>What's Going On...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
Emotional Disorganization		
<ul style="list-style-type: none"> ▪ Life without the Service member may initially feel overwhelming ▪ Routines change, responsibilities added ▪ May feel... <ul style="list-style-type: none"> ▪ Numb and not interested in doing much ▪ Surprised because things seem to be moving smoothly now that Service member is gone ▪ Have difficulty concentrating ▪ Wish things would go back to <i>normal</i> ▪ Experience sleep difficulty ▪ Anxious about security issues Children: take cues from parent 	<ul style="list-style-type: none"> ▪ Relief ▪ Restless ▪ Confused ▪ Disorganized ▪ Indecisive ▪ Irritable ▪ Preoccupied ▪ Anxious ▪ ▪ ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪
Recovery and Stabilization		
<ul style="list-style-type: none"> ▪ Family finally starts to settle into routine of life without the Service member ▪ Coping with changes can be positive: <ul style="list-style-type: none"> ▪ May enjoy new found responsibilities ▪ Sense of independence, confidence ▪ Relief that family is functioning well ▪ Coping with changes can be challenging: <ul style="list-style-type: none"> ▪ Difficult time accepting changes ▪ Stressed, depressed, and having difficulty getting things done ▪ Feel unsupported and worried about how you will make it through 	<ul style="list-style-type: none"> ▪ Mixed feelings of success and failure ▪ Mildly depressed or anxious ▪ Vulnerable ▪ In control ▪ Independent ▪ Confident ▪ ▪ 	<ul style="list-style-type: none"> ▪ ▪ ▪

<i>What's Going On...</i>	<i>Feelings</i>	<i>Coping Strategies</i>
<ul style="list-style-type: none"> ■ Most of the time there is a mixture of both responses ■ Children: clingy; sleep disturbances; eating difficulties; crankiness; academic struggles; acting out; self-criticism; loss of interest 	<ul style="list-style-type: none"> ■ ■ 	
Anticipation of Return		
<ul style="list-style-type: none"> ■ Homecoming is coming! ■ Family is happy, excited, and feeling boost of energy ■ Sense of relief that the Service member will be home combined with worries about whether or not he or she will be the same ■ Children: age-appropriate preparation for when the Service members return home 	<ul style="list-style-type: none"> ■ Excitement ■ Anticipation ■ Apprehension ■ Nervousness ■ Restlessness ■ Indecision ■ Irritability ■ ■ ■ ■ 	<ul style="list-style-type: none"> ■ ■ ■

NOTES:

Deployment Resources

Topic	Website	Topic	Website
<u>AAFES</u>	www.shopmyexchange.com	<u>Military Money</u>	www.incharge.org/military-money
<u>American Red Cross</u>	www.redcross.org	<u>Military OneSource</u>	www.militaryonesource.mil
<u>Air Force Reserve</u>	www.afrc.af.mil	<u>Military Scholar</u>	www.militaryscholar.org
<u>Air Force Heart Link</u>	www.usafservices.com/Home/SpouseSupport/HeartlinkTraining.aspx	Military Spouse	<u>Spouse Buzz:</u> www.spousebuzz.com <u>Veterans United:</u> www.veteransunited.com/spouse
<u>Air National Guard</u>	www.ang.af.mil	<u>Moms of Service Members</u>	www.bluestarmothers.org
<u>Army Emergency Relief</u>	www.aerhq.org	<u>Military.com</u>	www.military.com
<u>Army Family Team Building</u>	www.myarmyonesource.com	<u>Moms over Miles</u>	www.momsovermiles.com
<u>Army Reserve</u>	www.usar.army.mil	<u>National Guard</u>	www.nationalguard.mil
<u>Army Reserve Family Programs – Fort Family</u>	www.arfp.org/index.php/programs/fort-family-outreach-and-support	<u>National Guard Family Programs</u>	www.jointservicesupport.org/FP/Default.aspx
<u>Dads at a Distance</u>	www.daads.com	<u>National Military Family Association</u>	www.nmfa.org
<u>DECA Commissaries</u>	www.commissaries.com	<u>Navy Fleet & Family Support Program</u>	www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html
<u>Defense Finance and Accounting</u>	www.dfas.mil	<u>Navy Reserve</u>	www.navyreserve.navy.mil/Pages/default.aspx

Topic	Website	Topic	Website
<u>Deployment Information</u>	www.afterdeployment.dcoe.mil	<u>OSD Manpower & Reserve Affairs</u>	www.people.mil
<u>Defense Centers of Excellence</u>	www.dcoe.mil	<u>Marine Corps Family Team Building</u>	www.usmc-mccs.org/services/family/marine-corps-family-team-building/
<u>DoD Mobilization Guide</u>	www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Troops%20and%20Families/Deployment%20Connections/Pre-Deployment%20Guide.pdf	Parents of Service Members	<u>Operation we are here:</u> www.operationwearehere.com/Parents.html <u>Surviving Deployment.com:</u> www.survivingdeployment.com/parents.html
<u>Employer Support of the Guard and Reserve</u>	www.esgr.mil	<u>Spirit of America</u>	www.spiritofamerica.net
<u>Financial Readiness</u>	www.militaryonesource.mil/pfm	<u>Surviving Deployment</u>	www.survivingdeployment.com
<u>Joint Services Support</u>	www.jointservicesupport.org	<u>Taxes (IRS)</u>	www.irs.gov
<u>Coast Guard Reserve</u>	www.uscg.mil/reserve	<u>Thrift Savings Plan</u>	www.tsp.gov
<u>Marines</u>	www.marines.mil	<u>Tricare Reserve Information</u>	www.tricare.mil/trs
<u>Military Child Education Coalition</u>	www.militarychild.org	<u>US Army</u>	www.army.mil
<u>Military Living</u>	www.militaryliving.com	<u>Veterans Administration</u>	www.va.gov
<u>Military Family Network</u>	www.emilitary.org	<u>Yellow Ribbon Reintegration Program</u>	www.yellowribbon.mil